

## ABSTRACT

A method for the manufacturing of a plate (2) of metal or of a ceramic material, the plate having one or more fields (3) which occupy the major part of the surface of the plate and which on at least one side of the plate is high relief patterned such that the plate on said at least one side within the area of said field or fields has reliefs with high projections and deep valleys (9) or recesses (8) alternatingly, and between the sides a thin web (10), said high relief patterned field or fields being at least partly bordered by broad edge portions (4) which have a thickness larger than the mean thickness of the plate within the region of said high relief patterned field or fields. In a preparatory step, an intermediate product (1) is manufactured. This intermediate product includes at least a first portion (11) which shall form said high relief patterned field(s), which however is/are not yet high relief patterned but contain(s) an adequate quantity of material. This intermediate product is then placed between two engraved moulding tool parts (30, 31), which are stricken against one another therein that an impact member with sufficiently high kinetic energy is stricken against at least one of the moulding tool parts for the material to flow out and fill the mould cavity between the tool parts.